



## How Asthma-Friendly Is Your School?

Many children spend much of their time in daycare or school, and it is important that these environments are as asthma-friendly as possible so as not to trigger an attack. School staff, healthcare providers, and families should work together to make schools more asthma-friendly to promote student health and education.

Here is a checklist you can use when speaking to your child's school or daycare to find out how well they serve students with asthma.

Yes	No	
<input type="radio"/>	<input type="radio"/>	<b>Is it a smoke-free environment?</b> Are the school buildings and grounds free of tobacco smoke at all times? Are all school buses, vans, and trucks free of tobacco smoke? Are all school events, like field trips and team games, free from tobacco smoke?
<input type="radio"/>	<input type="radio"/>	<b>Does the school allow students to carry and use their own asthma medicines?</b> If students do not carry their asthma medicines, do they have quick and easy access to their medicines at all times?
<input type="radio"/>	<input type="radio"/>	<b>Is there a written emergency plan?</b> Does the school have a written emergency plan for teachers and staff to follow in the case of an asthma emergency? In the case of a fire or lockdown, or if a student forgets their medicine, does the school have standing orders and quick-relief medicines for students to use?
<input type="radio"/>	<input type="radio"/>	<b>Do all students with asthma have updated Asthma Action Plans on file?</b> An Asthma Action Plan is a written plan from the student's healthcare provider to help manage asthma and provide instructions in case of an attack.
<input type="radio"/>	<input type="radio"/>	<b>Is there a nurse on staff?</b> Is there a school nurse in your school building during all school hours? Does a nurse identify, assess and monitor students with asthma at your school? Does he/she help students with their medicines, and help them be active in physical education, sports, recess, and field trips? If a school nurse is not full-time in your school, is a nurse regularly available to write plans and give the school guidance on these issues?
<input type="radio"/>	<input type="radio"/>	<b>Does the school educate staff and students about asthma?</b> Does the school nurse or other asthma education expert teach school staff about asthma, Asthma Action Plans, and asthma medicines? Does someone teach all students about asthma and how to help a classmate who has asthma?
<input type="radio"/>	<input type="radio"/>	<b>Does the school have a physical activity policy for children with asthma?</b> Can students with asthma fully and safely join in physical education, sports, recess, and field trips? Are students' medicines nearby, before and after they exercise? Can students with asthma choose a physical activity that is different from others in the class when it is medically necessary? Can they choose another activity without fear of being ridiculed or receiving reduced grades?

## How Asthma-Friendly Is Your School?

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### How Asthma-Friendly Is Your School?, continued

Yes No

- Does the school have good indoor air quality?** Does the school help to reduce or prevent students' contact with allergens or irritants, indoors and outdoors, that can make their asthma worse? Allergens and irritants include mold, dust mites, cockroaches, and strong odors or fumes from things like bug spray, paint, perfumes, and cleaners. Does the school exclude animals with fur or feathers?

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If you have answered “no” to any of the questions above, then it may be harder for your child to keep their asthma under control while at school or daycare. Speak to your child’s school about making changes that can help your child stay in control of their asthma and give them the best chance at full participation and progress in school.

These recommendations are adapted from the American Lung Association.

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